



KENNEBECASIS VALLEY FALL & WINTER ACTIVITIES GUIDE 2011



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KENNEBECASIS VALLEY Fall & Winter Activities Guide

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Quispamsis Mayor's Message

On behalf of Quispamsis Council, thank you to our many event sponsors who supported the Arts & Culture Park series over the summer. With their financial support, melodies from the bandstand continued to fill the summer air, and catching a flick was a definite treat.

The qplex was a focal point of activities this past summer. It was a terrific first year for the WAVE Pool – with the free swims and swimming lessons. And we were proud to have hosted the official 2011 New Brunswick Day ceremony and celebrations in August. We anticipate the Moosehead Breweries Conference Centre will be a busy place this fall and winter - call 848-5903 to book your event. Walking indoors is safe, simple and an excellent way to maintain your physical activity, so I encourage residents to take advantage of the indoor Aquafina Walking Track at the qplex.

I am excited that the Active Transportation Plan is moving forward. Street and trail signage will soon be installed throughout the town identifying shared routes and trails for motorists, cyclists and pedestrians. And Phase One of the Skateboard Park will break ground this fall.

From the Arts & Culture Park to the new qplex, events and activities can be found throughout Quispamsis. Please visit the websites www.quispamsis.ca - www.qplex.quispamsis.ca or contact the town at 849-5778 to find out what's happening.



Sincerely,

Murray Driscoll
Mayor, Town of Quispamsis




Town of Quispamsis

Community Services Department
Get out and get active!

Check out the many upcoming events this fall and winter in the town of Quispamsis @ www.quispamsis.ca.

MAIL: Quispamsis Town Hall
12 Landing Court - PO Box 21085,
Quispamsis, NB E2E 4Z4
Phone: 849-5778 **Fax:** 849-5799

Town Website: www.quispamsis.ca
Town Hall hours: Mon - Fri. 8 a.m. - 4:30 p.m.



Town of Rothesay

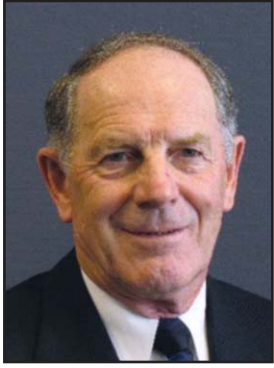
Recreation Department

Rothesay provides a variety of recreation services to its residents.

Rothesay Recreation Department
(Office located at the Rothesay Arena)

MAIL: Rothesay Town Hall
70 Hampton Rd., Rothesay NB E2E 5L5
Director: Charles Jensen
Phone: 848-6606 **Fax:** 848-6677
Email: charlesjensen@rothesay.ca

Town Website: www.rothesay.ca
Town Hall hours: Mon - Fri. 8 a.m. - 4:30 p.m.



Rothesay Mayor's Message

Rothesay has enjoyed another successful summer with its recreation programs –the playground program was especially popular! The 7th Annual Dragon Boat Festival brought paddlers and spectators to the beautiful Kennebecasis River and Renforth Wharf for a day of culture, camaraderie and collaboration to raise in excess of \$242,000 for St. Joseph's Hospital Foundation. Thanks to all who participated and we look forward to next year! The Renforth Park area will see the completion of the Renforth Wharf project and the first fully accessible playground in Rothesay by 2012.

Rothesay High School has entered into a partnership with the Town to plant commemorative trees in the lower entrance area to the Arthur Miller Fields, with the trees being donated in recognition of the graduating class.

This fall will see the final touches to the Wells Recreation Park with the installation of the final retaining wall to define and enhance the parking area.

Book your calendar now to join us for the 13th Annual Santa Claus Parade on Saturday, November 26. Stay tuned to www.rothesay.ca for more information on Winterfest 2012 to be held in February.



2012 will see municipal elections in May around the province. Rothesay Council meets the second Monday of each month so take the time to get involved in your community and be informed on the issues.

I look forward to the Mayor's Levee and the opportunity to meet with residents and celebrate our great community not only on New Year's Day but every day. Feel free to stop by the Town Hall at 70 Hampton Road or contact me directly at 848-6662 or BillBishop@rothesay.ca.

Have a great winter, stay active and be healthy!

William J. Bishop
Mayor

The Towns of **QUISPAMISIS** and **ROTHESAY**

Working together to serve residents of the Kennebecasis Valley



12 Landing Court, Box 21085
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Rothesay, NB E2E 5L5
(T) (506) 848-6600
(F) (506) 848-6677
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ROTHESAY ARENA

WINTER SCHEDULE 2011-2012



NOTE: These scheduled events may vary due to other special events

ACTIVITY	DAY/TIME	ADMISSION FEE	START DATE
FAMILY SKATING	SUN. 3:00-4:00pm	\$2. Ea Max. \$5. Family	Oct. 16/11
PARENT & TOT SKATE	MON. 2:45-3:45pm	No Chg.	Oct. 3/11
PARENT & TOT SKATE	WED. 1:30-2:30pm	No Chg.	Oct. 5/11
PARENT & TOT HOCKEY	TUE. 2:15-3:15pm	No Chg.	Oct. 4/11
PARENT & TOT HOCKEY	THURS. 2:15-3:15pm	No Chg.	Oct. 6/11
SENIORS SKATING	MON. 12noon-1:00pm	No Chg	Oct. 3/11
ADULT SCRIMMAGE (Age 19 & Over)	MON. & FRI.. 9:45-11:45am	\$6.ea.	Oct. 7/11
ADULT SCRIMMAGE (AGE 50 & OVER)	WED. 12:00-1:15pm	\$4.ea.	Oct. 5/11
ADULT SCRIMMAGE (AGE 50 & OVER)	FRI. 1:45-3:00pm	\$4.ea.	Oct. 7/11



Model Train Show

**Islandview Lions Club
8 Market St. Quispamsis**

Saturday November 5th 9am to 3pm

Operating model train displays, Sales tables, hobby dealers
Lions canteen, free parking

Admission \$5 – accompanies children under 12 free

Saint John Kennebecasis Valley Newcomers

If you are a women new to this area and would like to join this national organization, contact Anick at 847-9467 or by

email : sjvnewcomersclub@gmail.com.

We get together for monthly lunches and coffees, book club, weekly bridge, mahjong, walking, Mom's & Tots along with other interest groups and social get-togethers.

Get in touch ... meet other "newcomers" to the Saint John area. For more information go to our blog at www.sjvnewcomers.blogspot.com

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COMING SOON
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Boys & Girls Sea Cadets Cadets Aged 12 - 18

Royal Canadian Sea corps No. 268 Bras d'or hold their training nights every Tuesday from 6:30 p.m. - 9 p.m. at KV high School.

Training as a Sea Cadet is based on Naval Tradition. There are opportunities throughout the year to train in sailing, rifle shooting, first aid, biathlon, music band and to go on citizenship trips and take part in parades. There is also the opportunity to attend Cadet Summer Training perhaps at HMCS Avalon in Newfoundland, HMCS Quadra in BC, HMCS Acadia in NS, HMCS Ontario or HMCS Quepelle, Sask.

If you are between the ages of 12 - 18, why not come along and join cadets and become part of a proud tradition.

For more information, call Heather McClintock, 847-4186 or Margaret Chambers at 609-1566.

Cadets Aged 9 - 12

Here in the Kennebecasis Valley, our Navy League Cadet Corps No. 170 Raymond M. Cromwell will be celebrating 21 years of service to the young people of Quispamsis, Rothesay and surrounding areas. The Navy League Cadets train every Monday night at Fairvale Outing Association, 8 River Road, Rothesay from 6:30 p.m. to 8:30 p.m.

The Quispamsis Branch of the Navy League Cadets. Parents and interested individuals are invited to join our branch and help.

For more information, call Heather McClintock 847-4186, Navy Cadets No. 170 Raymond M. Cromwell, 849-4678 or Sub Lt. Brian Eisen, 849-4146.

Kennebecasis Valley Association for Community Living

The Kennebecasis Valley Association for Community Living's (KVA) Vocational Training Centre is a non-profit organization that strives to promote the self-esteem and personal growth of all adult individuals who are intellectually challenged. In a safe environment, the Centre offers activities and an employment program in order to help its clients develop life and social skills, job skills and work ethics. The Centre believes every individual has the right to quality of life and works to encourage the inclusion of all adults with intellectual disabilities into the community.

KVA is a non-profit organization that advocates for adults with intellectual and developmental challenges. The KVA Vocational Training Centre is at 97 James Renforth Drive in Rothesay and clients are referred by the Department of Social Development.

To find out more information, please contact The Kennebecasis Valley Vocational Training Centre at 847-4759, voctrain@nb.aibn.com, or the Department of Social Development at (866) 441-4340 or 658-2450 sd-ds@gnb.ca.

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KENNEBECASIS VALLEY CHURCH LISTINGS



- **Anglican Church of Canada**
 - St. Paul's, Rothesay 847-1812
 - Holy Trinity, Quispamsis 847-0850
 - St. Augustine's, Quispamsis 849-8464
 - St. James The Less, Rothesay 847-7696
 - St. Luke's, Quispamsis 847-3670
- **Baptist Churches**
 - Christian Fellowship Church, Quispamsis 849-8819
 - Vineyard Christian Fellowship Church
Quispamsis 849-0330
 - First Bible Baptist Church 847-4053
 - Grace Harvest Church, Rothesay 849-8956
 - Kennebecasis United Baptist Church,
Quispamsis 847-5822
 - Rothesay Baptist Church 848-6370
 - Trinity Baptist Reformed Church,
Quispamsis 847-0885
- **Pentecostal Churches**
 - Apostolic Pentecostal Church, Quispamsis 847-3316
 - Kennebecasis Pentecostal Church,
126C Hampton Rd 847-7729
 - Kings Way Assembly 847-0602
 - 7 Kingsway Dr.

- **Jehovah's Witness,**
Quispamsis 849-8088
- **Kings' Valley Wesleyan Church,**
Quispamsis, 847-5343
- **Catholic Churches**
 - Our Lady of Perpetual Help, Rothesay 849-5116
 - St. Mark's, Quispamsis 849-5111
- **United Churches**
 - Quispamsis United Church 847-2646
 - St. Andrew's United Kirk, Quispamsis 849-6102
 - Saint David's United, Rothesay 847-7137



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CANADIAN TIRE JUMP START PROGRAM



The Canadian Tire Jump Start program is focused on helping young people to increase their physical activity levels. The Towns of Quispamsis and Rothesay are pleased to be a member of the Greater Saint John Canadian Tire Jump Start Chapter and twice a year (May and September) will be allocating funds to assist children in need to register for sport or recreation programs.

The Towns of Quispamsis and Rothesay need your help in assisting young people in our community who wish to participate in sport and recreational activities but who do not have the means to do so. The process is easy and will be done in the strictest of confidence. The referring school, community group, parent, etc should contact the person listed below. The Towns representatives will then submit the information to the local Chapter at their semi-annual meetings.

The way we see it, the answer to "Can I play?" should always be "Yes."

Quispamsis

For questions or to make a referral
please contact
Megan Lucas 849-5773 or
mlucas@quispamsis.ca.

Rothesay

For questions or to make a referral
please contact
Charles Jensen 848-6606 or
charlesjensen@rothesay.ca



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RECREATION & LEISURE ACTIVITIES CONTACTS

<p>Arenas</p> <p>Rothesay Arena 847-6363 RNC Rink (RCS) 847-8224 Quispamsis Memorial Arena 849-5720</p> <p>Art Club</p> <p>Renforth Art Club Cynthia Cudmore 849-2680</p> <p>Badminton</p> <p>Gary Bettle 849-2665 Dave Curran 847-8593 John Short 847-8714</p> <p>Baseball Leagues</p> <p>Girls Softball Lisa White 849-7541 Sandra Horton 847-2806 KV Little League Dave Wilson 847-9871 email: davev@nbnet.nb.ca KV Minor Baseball John Richard 849-6894</p> <p>Basketball</p> <p>KV Basketball Association www.kvba.ca Basketball NB 849-4667</p>	<p>Boating Clubs</p> <p>Renforth Boat Club 847-1724 Rothesay Yacht Club 847-7245</p> <p>Boy Scouts</p> <p>KV District 1-888-726-8876 Lloyd Kierstead 433-5326</p> <p>Bradley Lake Community Centre</p> <p>President Rollie McFate 847-8442</p> <p>Cadets</p> <p>-#268 RCSCC Bras D'Or Sea Cadets Heather McClintock 847-4186 -#170 Raymond M Cromwell Navy League Cadet Corps. Heather McClintock 847-4186</p> <p>Canoeing</p> <p>Kennebecasis Canoe Club Rob Lang 847-5927 Craig Lang 847-5927</p> <p>Dancing</p> <p>The Studio Dance School Stephanie Grace 849-5299</p>	<p>Drama</p> <p>KV Players Theatre Co. Suzanne Yerxa 847-1867</p> <p>Fencing</p> <p>Renforth Fencing Club Eric Phinney 847-7696</p> <p>Fishing</p> <p>Hammond River Angling Assoc. Tom Benjamin 832-1230 Email: hraa@nbnet.ca</p> <p>Football</p> <p>Fundy Minor Football Barry Ogden 849-4650 Email: bogden@nb.sympatico.ca UNBSJ Seawolves Football Team Barry Ogden 849-4650</p> <p>Girl Guides / Brownies</p> <p>Quispamsis/Rothesay Marie Wetmore 847-9446</p> <p>KV Woodworkers</p> <p>email to woodclub@hotmail.com.</p> <p>Karate</p> <p>KV Karate Club Neil Pond 847-1242</p>	<p>Lacrosse</p> <p>Fundy Lacrosse Assoc. 693-6137</p> <p>Library</p> <p>Kennebecasis Public Library 849-5314</p> <p>P.R.O. Kids</p> <p>Julie Pugsley 642-7529</p> <p>Quilting</p> <p>KV Quilting Guild Janet McLaughlin 849-8707</p> <p>Recreation Department</p> <p>Town of Rothesay Charles Jensen 848-6606 Town of Quispamsis Dana Purton Dickson 849-8770</p> <p>Recreation Facility Rental</p> <p>McGuire Memorial Center Town Hall 848-6606 Meenan's Cove Beach House 849-5778 Quispamsis Civic Centre 849-5778</p>
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Community Business



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Fax: (506) 847-9996 gcs@nbnet.nb.ca

RECREATION & LEISURE ACTIVITIES CONTACTS

Rowing
Kennebecasis Rowing Club
847-5803
Henry Flood hfflood@nbnet.nb.ca

Squash
Kennebecasis Squash Club
Mike McGuire 847-7168
mike.mcguire@bird.ca
Brian Prosser 333-9937
bprosser@nbnet.nb.ca

Soccer
Fundy Soccer Association
847-9406
www.fundysoccer.org

Tennis
Quispamsis Tennis Club
Dana Brown 847-5455
www.quispamsistennis.ca
tennis@qcta.net
Rothesay Tennis Club
849-6044 (office)



- **Block Parent Assoc**
Rothesay Regional Police Cst. Natasha Vouture 847-6236
- **Child Care Directory** 657-2302 or 634-2011
- **Fairvale Outing Association**
Heather McClintock 847-4066
- **IODE Rothesay Chapter** Helene Young 847-5063
- **KV Chamber of Commerce** 849-2860
- **KV Food Basket** 847-5854
- **KV Committee for Disabled Persons**
Vicki email: kvcommittee@yahoo.ca 849-2974
- **Rothesay Community Access Centre** 848-6610
- **K-Park Hasting Cove** Joanne Gormley 847-4225
- **KV Special Olympics** Anne Waddell 763-2257
Wayne Crandell 847-7860
- **Kennebecasis Public Library** 849-5314
- **(KV3C) Kennebecasis Valley Children Community & Capacity**
email: kv3c@nb.aibn.com 849-7266
- **Kennebecasis Lions Club** 849-4313
- **Kennebecasis - Kings ToastMasters Club**
Richard Mercer 849-7638
- **Newcomers** Email: sjkvnewcomers@hotmail.com
- **Canadian Red Cross** 674-6132
- **Rothesay-Kings Rotary Club** Gordon Dempsey 849-1743
- **Royal Canadian Legion Branch #58** 847-5146
- **Vocational Training Centre** 847-4759
Email: voctrain@nb.aibn.ca
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Visit Canada's Newest Aquarium

The Fundy Discovery Aquarium, a part of the Huntsman Marine Science Centre, is now open in St. Andrews.

The new, year-round aquarium contains two floors of exhibits, for visitors to learn about the tides, the history and science of the Bay of Fundy, and all about the creatures that call the Bay home. And there's an amazing view of the St. Croix River from the balcony.

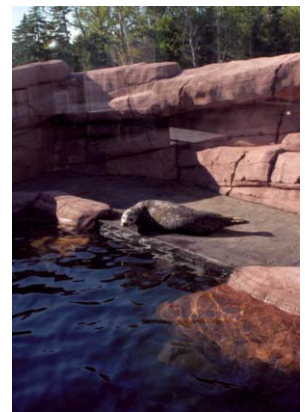


The highlights include the two trained harbour seals, Loki and Snorkel, who are fed daily at 11 a.m. and 4 p.m., the rare lobsters, the huge Bay of Fundy fishes tank, and the two new touch pools. The big pool contains many different species, including slimy moon snails, prickly sea urchins, different kinds of sea stars, beautiful anemones, squirting scallops, crabs and much



more. The other tank, which is already proving to be a big hit, is the skate touch pool. Just remember to roll up your sleeves – chances are you're going to get a bit wet!

With informational panels and videos, and interactive kiosks, the Fundy Discovery Aquarium is a world of wonder under the waves. While some of the exhibits are still under construction, admission prices have been reduced. The regular prices will be in place once all of the exhibits are completed, and this will be announced online at www.huntsmanmarine.ca. Special events and new exhibits will also be posted on the website. From October to April, the aquarium is open from Thursday to Sunday, from 10 a.m. to 5 p.m., although schools and other groups can still book tours Monday to Wednesday. And, for the holiday shoppers, the aquarium and the gift shop will be open until 9 p.m. Fridays from November 18 to December 23. The gift shop – which can be accessed without paying admission to the aquarium



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– features all kinds of marine related gifts, from jewellery to toys, DVDs to clothing. So come on down to St. Andrews by-the-Sea, enjoy, explore and learn about the wonders that live under the waves in your Bay of Fundy!

KV Activities & Groups 2011-2012

KOC CRIBBAGE

The Knights of Columbus host Cribbage games every Thursday night at 7:30 pm. Admission 55.00. Eight games. Have fun, meet new friends, win prizes. The games are held at Our Lady of Perpetual Help Church, lower hall (new Church on Gondola Point Road). Enter via the back entry on the right.

KV OLD BOYS

Did you know that by donating your redeemable containers, you are helping to support charitable needs within the community? Let us redeem your redeemables. Call, fax, or send an email, and we'll gladly pick up your redeemable containers promptly. The KV Old Boys are a group of retired men (and a few who wish they were) who initially came together to raise funds for cancer research in memory of a friend. So successful was this effort, that the group decided, in 2003, to organize, using the KV Old Boys as its name and the above graphic as its logo. The group's mandate, as it is written into their by-laws, is to respond to community needs as identified by the membership. Should you wish to know more about the KV Old Boys, or wish to seek assistance, feel free to contact the group as follows:
32 Wedgewood Drive,
Rothesay, E2E 3P7;
Ph: 847-5895
Fax: 847-1369;
Email kvob@nbnet.nb.ca.

RENFORTH SENIOR'S CARD CLUB

The Rothesay Senior's Club meets on Tuesdays at the Renforth Bill McGuire Centre from 1:30-4:00pm. Play cards of your choice Bridge, 45's or Whist. Everyone welcome. Light lunch provided. For more information call Norma Chriswell at 847-3076 / 847-7653 or Rita Stilwell at 847-7653.

KENNEBECASIS SENIOR CITIZEN CLUB

The Kennebecasis Senior Citizen Club meets every Tuesday from 1:00pm till 4:00pm at St. David's Church in Rothesay. Following a short business meeting is bridge, 45's, cribbage and lunch. For information call 847-1283

LIONS BINGO IN KV

Bingo every Sunday night at the Island View Quispamsis Lions Club. Doors open at 6:00, and the first game starts at 7:00pm. Full canteen services by Wendy's. The Lions Club is located by the Ken Val Co-op in Quispamsis.



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KV Activities & Groups 2011-12

ST. JAMES ACW LADIES' GROUP

The ACW of St. James the Less Church, 1760 Rothesay Road would like to extend an invitation to all ladies in the Kennebecasis Valley area to join them Thursday afternoons from 1:00 - 4:00pm to quilt, knit, sew or just enjoy conversation and afternoon tea. Our group is small and we encourage you to join us.

For more information, call the church office at 847-7696 or the ACW President at 847-3268.

KNIGHTS OF COLUMBUS

The Knights of Columbus will host cribbage games every Thursday night at 7:30 pm. Cost to attend is \$5.00.

Games are held at Our Mother of Perpetual Help Church on Gondola Point Road. Enter through the back right hand door.

CANADIAN CANCER SOCIETY

It offers an information and support group for people recently diagnosed with cancer, their family and friends. The program is six sessions held every two weeks and begins in September.

for more information contact 634-6267

ADULT BADMINTON

Open to all levels, takes place at Kennebecasis Valley High School on Monday evenings, 8:30pm (call Dave at 847-8593) and Thursday evenings, 8:30pm (call John at 847-8714) at Kennebecasis Valley High School. Fee is \$2.00 per evening.

And an adult badminton club open to all levels at Hampton High School, Wednesday evenings, 8pm (call Ron at 832-1972).

KV COMMITTEE FOR DISABLED PERSONS

meets on the second Monday of each month at 7:00 pm in the boardroom at the Rothesay Regional Police Station. The group of volunteers discuss disability issues in the Kennebecasis Valley area. The group can be contacted Dean at 849-2974 , by e-mail at kvcommittee@yahoo.ca or our website at kvcommittee.webs.com.

KV QUILTING GUILD

The Kennebecasis Valley Quilting Guild is a local non-profit organization with a mission of giving back to our community; they do so while sharing & fostering a love for quilting. The guild meets the second Tuesday of every month at 7:00pm at the Quispamsis Civic Centre, and welcomes new members to join.

Interested quilters are encouraged to drop in at a meeting, or call Barb McKean at 847-2275 or Anne Perry at 847-4044.

BRADLEY LAKE COMMUNITY CENTRE

Having a birthday party, wedding shower, reception, etc? The Bradley Lake Community Centre can accommodate 160 people with full kitchen facilities.

For more information or to make a booking for an event during 2010 please call 847-8442 or 847-7170.

RCL KENNEBECASIS BRANCH #58

61 Marr Road, Rothesay, NB 847-5146

Branch Hours: Monday-Thursday 2:30 - 8:00pm;

Friday 2:30pm -12:00 midnight;

Saturday 2:00-9:00pm; Sunday 1:30 - 7:00pm.

Sunday Brunch 10:30am - 12:30pm \$6.00/person

Rummoli every second Sunday 2 - 5pm

Tuesday 8pm General Meeting every 2nd Tuesday

Saturday 3 - 6pm Shuffleboard

Veterans - need help? Veterans in need of assistance with VAC

applications, disabilities, frailty, medical treatment contact Branch Service Officer - Comrade Norman Gaillard 847-5146.

Servicing the Public: Catering all events within and without - menus and costs at Branch #58.

Facilities Rental two rooms available for functions and business/private meetings, fee schedule and reservations available.

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Mon- Wed	9:00am - 6:00pm
Thurs	9:00am - 8:00pm
Fri	9:00am - 6:00pm
Sat	9:00am - 4:00pm
Sun	12:00am - 5:00pm



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On the web: www.qplex.quispamsis.ca

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CRIBBAGE IN KV

The Knights of Columbus will be hosting Cribbage games every Thursday evening commencing at 7:30pm. Admission \$5.00 for eight games. Have fun, meet new friends and win prizes. The games are held at Our Lady of Perpetual Help Church, lower hall (new church on Gondola Point Road). Enter via the back entry on the right.

TOWN OF ROTHESAY NEW YEAR'S DAY MAYOR'S LEVEE AND FAMILY SKATE

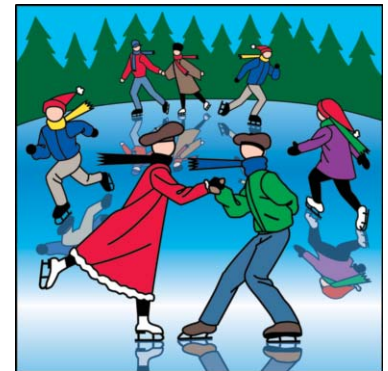
Join us at Town Hall for the mayor's levee from 11 a.m.-12 p.m. and then come across the street to the arena from 1:00-3:00 p.m. for a free family skate!

ADULT VOLLEYBALL

Adult volleyball (\$4.00 / person) will be held every Wednesday evening (September - June) from 8 - 10pm at the Rothesay Park Middle School. For more information contact Susan at 635-8830. Please note that if schools are closed / cancelled during the day, volleyball will also be cancelled.

SENIOR FITNESS CLASSES

Senior fitness classes are being held at the Bill Maguire Centre in Renforth on Monday, Wednesday and Friday from 10 - 11am. These are low intensity classes with focus on strength training ,geared for the older adult, using light hand-held weights and resistance bands. We incorporate the use of chairs ,in place of mats ,to work various muscle groups, therefore eliminating getting down to the floor. The classes are led by Jill Donovan, Older Adult Fitness certified instructor of 17 years. For more information call 847-5400.



WINTERFEST 2012 FEBRUARY

Celebrate winter in the communities of Quispamsis, Rothesay, Grand Bay-Westfield and Saint John. Watch for fun-filled events and many more as the three communities work together to host one large WinterFest.

SKATE WITH SANTA

Rothesay Recreation
"Skate With Santa".
Come enjoy a free skate with Santa on Sunday, December 11th from 3:00 - 4:00pm at the Rothesay Arena. Free hot drinks for all !



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www.arcf-sj.org
www.saintjeanarts.ca



Swimming & Fitness Classes this Fall & Winter!

The Canada Games Aquatic Centre offers a wide range of water and land activities including: learn-to-swim programs, wet & wild swims, tot's swims, water exercise – 'aquacize', to leisurely lap swimming, over 40 fitness classes each week and much much more.

Ultimate swims, tropical swims and tot swims are happening each week at New Brunswick's largest indoor beach. The sun is always shining so come in and relax with a massage or just enjoy our hot tubs, sauna and steam room.

No membership required. Try one of the many specialty programs offered such as arthritis, yoga or ZUMBA. Birthday parties and private rentals are also available. Call today! There is something for everybody at the Canada Games Aquatic Centre.

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Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada

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Ultimate Swims
Sat & Sun 2:30-4:00pm

Socialize & Swim
Wed 2:00-3:30pm

Tropical Swim
Wed 7:00-8:00pm

Tots Toonie Swim
Tue & Thu 9:30-10:30am

"School's Out Day Camp"
Friday October 21st
Swimming, crafts, games, outdoor activities (weather permitting)
Check out our website for more details


AquaZumba
Wed. 12:10 pm and 8:10 pm

Aquacise
Mon. & Fri 12:10 pm
Mon. Tues. Thur. 8:10 pm

50 Union St., Saint John, NB

www.aquatics.nb.ca 658-4715

Halloween



"Stories and Symbolism of Halloween"
 with storyteller and folklorist **David Goss**
 Presented by **Rothesay Recreation and Parks**
Saturday October 29th, 2011
Bill McGuire, 95 James Renforth Drive, Rothesay

FREE
 6-7 p.m. Ages 7 and under
Teetering Tombstones, Demonic Dracula, Frightening Frankenstein, Weird Witches, Ghostly Ghosts, Black Cats, Grinning Pumpkins...what's it all about?
 Stroller friendly.
 7:15- 8:30. Ages 8 and up
Scarier stories and figures, and longer explanations as we walk the ball field perimeter. Some stunts that might startle, and of course, it will be dark!

Bring a flashlight, and come in costume. Prizes for best boy, girl and adult. It can be cold, so consider this in your dress choice. No dogs please. If wet, we will be indoors at the Bill McGuire Centre. Both programs followed by hot chocolate.

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HALLOWEEN



6th Annual Scarecrow Trails Month of October Arts & Culture Park

The scarecrows will be on display throughout October in the Arts & Culture Park. Some will be classic, others unusual and a few scary ones too. This year's theme is the environment! Families, businesses, schools, community groups and more are encouraged to create an entry in this popular event... there are prizes! Call 849-5773 by September 19 to reserve your spot. This event is free of charge. Stakes and hay are provided.



Dark in the Park (FREE OF CHARGE)

(recommended for ages 8 and up)
Friday, October 21 - 7 pm
Arts & Culture Park

Celebrate Halloween with local author and storyteller Dave Goss on Friday, October 21 at 7 pm. Families will enjoy spooky campfire songs, stories, stunts and more! Afterwards enjoy an outdoor movie on the big screen with some free freshly popped popcorn. If weather is inclement the event will be inside Town Hall.



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FAIRVALE OUTING ASSOCIATION

Rothesay and Quispamsis, in partnership with the communities of Grand Bay-Westfield, Hampton, Norton, Saint John, St. Martins, Sussex and Sussex Corner, is now offering an "EMERGENCY ALERT SERVICE" which will quickly notify you and your family by email or phone, of a potential emergency which may affect you.

Register your name and contact information online. This information is held in a secure database until an emergency occurs or is expected in your area. An automated message is sent directly to the landline telephone, cell phone or e-mail address provided. Online registration requires a valid email address.

If you or someone you know does not have an email address and wishes to register for this service, registration forms are available at the Rothesay Town Hall (70 Hampton Road), the Kennebecasis Public Library (1 Landing Court, Quispamsis) or by download. Completed forms must be returned to Rothesay Town Hall, 70 Hampton Road, Rothesay, NB, E2E 5L5.

The Emergency Alert system is part of the Sentinel Emergency Management Planning Software Suite purchased through a Joint Emergency Preparedness Program grant.

Rothesay thanks its partnering municipalities for participating in this joint project.

Sundays - General Meetings held first Sunday of each month; all members are welcome to attend.

Tuesdays - Starlight Promenaders Square Dance Club meets from 7:30pm-10:00pm. For more info please contact Pat & Jim. McLean at 763-2634.

Wednesdays - TOPS group meets from 6:00-7:30pm. For more info contact Marg Titus at 847-0395; Wednesdays - Crib at 7:30pm, everyone welcome. For more info please contact Sam Gauvin at 847-8261.

Thursdays - Bingo, doors open at 6:00pm, games begin at 6:55pm. Regular games, specials, early & late games, building jackpots for Bonanza; Lucky 7; Pyramid; and Treasure Chest games. For more information please contact Richard Smith at 847-4163.

The Fair Vale Outing Association is available for rental for weddings, Christmas parties and other special events. Home cooking catering is also available. Please contact David Smith for more information. New members are always welcome, please contact Sharon at 847-7290, 8 River Road, Rothesay

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Get Active with SOGO

Sogo Active is a program created for one reason: to help youth 13 to 18 years of age challenge themselves and their friends to get moving. Anyone can do it and there's an activity for everyone. There's no excuse, really. So lace up. So have fun. So go sign up now. Visit www.sogoactive.com to register with a chance to win lots of prizes – up to \$5000!

20th Annual Teddy Bear Fair

Saturday, November 5, 2011 9am - 3pm
Saint John Regional Hospital

On Saturday, November 5th, children are invited to bring their "sick" teddy bear, doll or cuddly toy to the Teddy Bear Fair for treatment. This event helps dispel fears and misconceptions about the hospital for children and helps raise funds for Children's Programs at the Saint John Regional Hospital.

Each year, the Teddy Bear Fair involves hospital departments and community organizations, all presenting a very innovative hands-on experience for children. The popular "Teddy Bear Clinic" is a must for those accident-prone bears who may have had a tumble off the bed and need to be checked out by a "Teddy Bear Specialist". Many a bear goes home with his head bandaged and a cast on his leg.

Judy MacLeod, "Chair Bear" for many years, says that the popular family event has three main objectives. "It introduces children and their parents to the hospital setting and helps dispel their fears and misconceptions. Secondly, it raises funds for Children's Programs at the hospital. And third, it promotes safety and self-esteem."

The Fair has helped thousands of children - and their parents - overcome the fears of coming to a hospital. Many parents and staff can see a difference when a child must come to the hospital for treatment, those that have attended the Fair are much easier to help than those that have not been so fortunate. These children tend to be more relaxed than the children who are coming for this first time.

Come for an hour or stay longer. Take your time and see what's happening at your hospital.

For more information, please contact the Saint John Regional Hospital Foundation at 648-6400.

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Extended hours on walking track for fall and winter

The Aquafina Walking Track is open daily from 6 a.m. to 10 p.m. effective Oct. 11 until the end of March. Please note, the track may be closed during events requiring an admission fee.



Refuel your body at Q-Stop

It's important to stay energized. The Q-Stop canteen offers a variety of food items and beverages to keep you on the move. Locally owned and operated by the Georgoudis family, the Q-Stop is located on the walking track level inside the arena.



Free public skating available six days a week at qplex

Beginning Oct. 3, the qplex is offering free public skating, six days a week:

Weekdays 2:30 to 4 p.m.; Saturdays 12 to 1 p.m.

Parents and tots skating is available from 12 to 1 p.m.

on Tuesdays and Thursdays.

Skating for seniors will be held at the Quispamsis

Memorial Arena on Mondays, Wednesdays and

Fridays from 12 to 1 p.m.

(Skating schedules subject to change for special events)

Visit us on the web:

www.qplex.quispamsis.ca

or call 848-5900.

Follow us on Facebook and Twitter.





Moosehead Breweries Conference Centre at the qplex

20 Randy Jones Way, Quispamsis

Celebrate your event in style at the qplex. Opened in the spring of 2011, the Moosehead Breweries Conference Centre is the place for your perfect dinner or reception.

The culinary delights of our onsite caterers - George Cousins Catering Services - will ensure that your event is a memorable success. As second generation members of the Georgoudis family, owners of Vito's restaurants, the George cousins have achieved a strong reputation in the food services industry throughout our region.

For a large event, our main dining area can accommodate 300 people for a sit-down dinner. The conference centre can also be divided into smaller rooms for a more intimate event. Our sliding glass doors open up into the lobby - the perfect backdrop for mingling before dinner. We will customize to suit your individual needs and desires.

Call us at 848-5903 for a tour of our facilities. We're sure you'll be impressed!

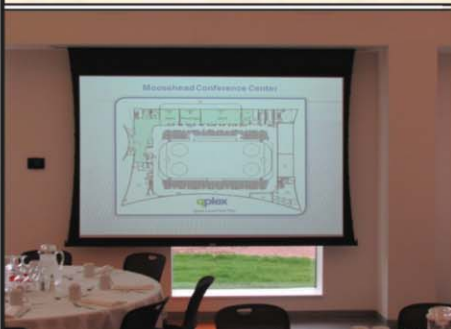
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Monday to Friday / Du lundi au vendredi

	Place King's Square	Centre d'achats McAllister Place	Ch. Parkside Rd.	Église United Baptist Church	Parc Arts & Culture Park (Ouispaomis)	Lila Court	Ariège Rothfessay Arena	Rue Church St. / Ch. Gondola Pt. Rd.	Riverside Golf Course	Parc Kennebecasis Park	Centre d'achats McAllister Place	Place King's Square
	LEAVE / DÉPART										ARRIVE / ARRIVEE	
A.M.	6:25*	6:15*	6:20*	6:27*	6:28*	6:31*	6:32*	6:35*	6:41*			6:58*
	7:05*	6:45*	6:50*	6:57*	6:58*	7:01*	7:02*	7:05*	7:11*			7:28*
	7:35*	7:30*	7:35*	7:42*	7:43*	7:46*	7:47*	7:50*	7:56*			8:13*
	8:20*	8:00*	8:05*	8:12*	8:13*	8:16*	8:17*	8:20*	8:26*			8:43*
	8:50*	8:45*	8:50*	8:57*	8:58*	9:01*	9:02*	9:05*	9:11*			9:28*
	9:15*	9:20*	9:27*	9:28*	9:31*	9:32*	9:35*	9:41*	9:51*			10:01*

	Place King's Square	Centre d'achats McAllister Place	Parc Kennebecasis Park	Riverside Golf Course	Ch. Gondola Pt. Rd. / Rue Church St.	Ariège Rothfessay Arena	Lila Court	Parc Arts & Culture Park (Ouispaomis)	Église United Baptist Church	Parkside Road	Centre d'achats McAllister Place	Place King's Square
	LEAVE / DÉPART										ARRIVE / ARRIVEE	
P.M.	3:25	3:40	3:44	3:47	3:48	3:51	3:53	3:59	4:04			4:35
	3:55	4:10	4:14	4:17	4:18	4:21	4:23	4:29	4:34			5:05
	4:40	4:55	4:59	5:02	5:03	5:06	5:08	5:14	5:19			5:50
	5:10	5:25	5:29	5:32	5:33	5:36	5:38	5:44	5:49			6:20
	5:55	6:10	6:14	6:17	6:18	6:21	6:23	6:29	6:34			7:05
	6:25	6:37	6:47	6:51	6:54	6:55	6:58	7:00	7:06	7:11		

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#53 Quispamsis Comex

Monday to Friday / Du lundi au vendredi

Trips marked with an asterisk (*) are wheelchair accessible.

Les trajets indiqués d'un astérisque (*) sont accessibles aux personnes en fauteuil roulant.

	Leave King's Square	Eglise Rothsay Baptist Church	Vincent Rd. & Legend Ln.	Vincent Rd. Between Alderbrook & Yukon Dr.	qplex	Ch. Parkside Rd.	Centre d'achats McAllister Place	Arrive King's Square
A.M.	6:45*	7:09*	7:10*	7:11*	7:14*	7:21*		7:45*
	7:50*	8:14*	8:15*	8:16*	8:19*	8:26*		8:50*
	8:55*	9:19*	9:20*	9:21*	9:24*	9:31*	9:48*	10:00*

	Leave King's Square	Centre d'achats McAllister Place	Ch. Parkside Rd.	qplex	Vincent Rd. Between Alderbrook & Yukon Dr.	Vincent Rd. & Legend Ln.	Eglise Rothsay Baptist Church	Arrive King's Square
P.M.	3:45*		4:09*	4:16*	4:19*	4:20*	4:21*	4:45*
	4:50*		5:14*	5:21*	5:24*	5:25*	5:26*	5:50*
	5:55*	6:07*	6:24*	6:31*	6:34*	6:35*	6:36*	7:00*



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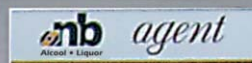
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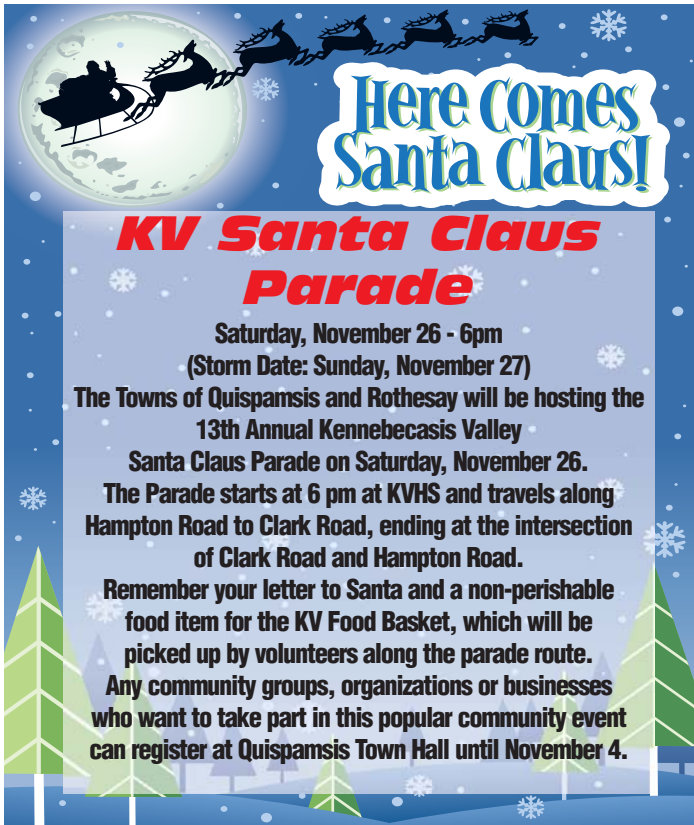
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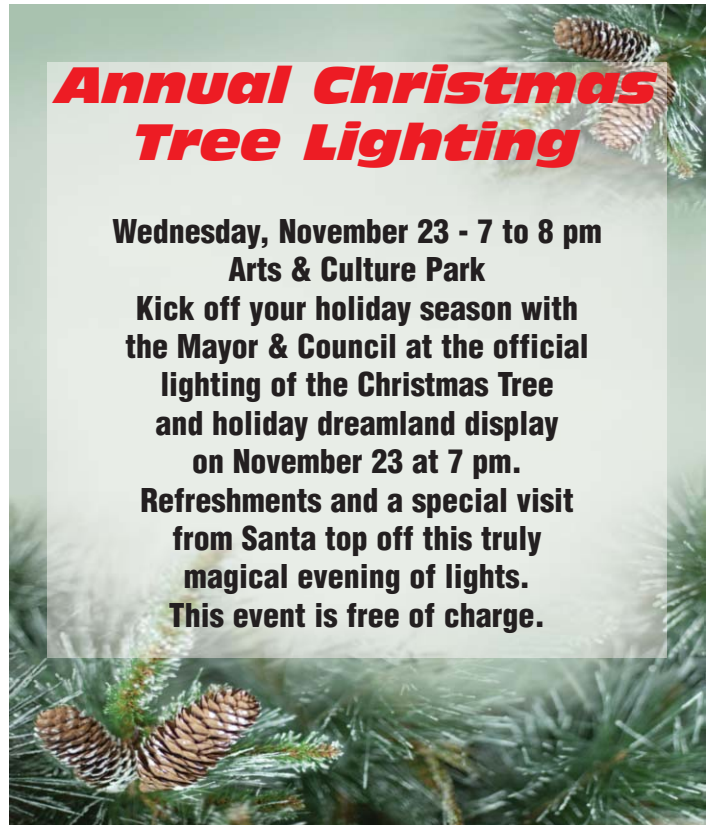
Here Comes Santa Claus!

KV Santa Claus Parade

Saturday, November 26 - 6pm
(Storm Date: Sunday, November 27)

The Towns of Quispamsis and Rothesay will be hosting the 13th Annual Kennebecasis Valley Santa Claus Parade on Saturday, November 26. The Parade starts at 6 pm at KVHS and travels along Hampton Road to Clark Road, ending at the intersection of Clark Road and Hampton Road.

Remember your letter to Santa and a non-perishable food item for the KV Food Basket, which will be picked up by volunteers along the parade route. Any community groups, organizations or businesses who want to take part in this popular community event can register at Quispamsis Town Hall until November 4.



Annual Christmas Tree Lighting

Wednesday, November 23 - 7 to 8 pm
Arts & Culture Park

Kick off your holiday season with the Mayor & Council at the official lighting of the Christmas Tree and holiday dreamland display on November 23 at 7 pm. Refreshments and a special visit from Santa top off this truly magical evening of lights. This event is free of charge.

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Seasonal Facility Closures

October 19 Meenan's Cove
Wharves are removed
– weather permitting

October 19 Parks
BBQ's and picnic tables will
no longer be available

October 30 Tennis Courts
Closed for season

Out-Door Skating Rinks at the
Arts & Culture Park and Rothesay Common
will open as weather permit

Arts & Culture Grant

The Town of Quispamsis is pleased to support local arts & cultural events and festivals through a special community grant program. Funding is available to local community groups and organizations that enhance community unity, exposure, and experiences in arts & culture. Application form is available online at <http://www.quispamsis.ca/pdf/ACGrantApp.pdf>. For information call 849-5773.



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How To Prepare Your Landscape For Winter

As the excitement of each gardening season fades with the warmth, many questions arise as to how the garden can be maintained over winter in order to bring as much beauty as possible to the landscape the following season.

Begin the fall cleanup with leaf raking on the lawn. This will keep the grass from being smothered with wet, mildewed leaves all winter. The fewer leaves on your lawn in the fall, the less fungus activity is apt to develop in the early part of the spring. Another help for your lawn is to continue your fertilization routine until late October / early November. This late fertilizer will not be entirely used by the lawn in the Fall, but will remain in the soil for use in the early spring for a faster green up. As well, some of the nitrogen will be stored in the roots as carbohydrates (stored food energy) for better recuperation from winter conditions.

Take a walk around your gardens in the Fall. Clip off any spent blossoms from such late blooming plants as Hydrangea. However, some flowerheads such as the perennial Autumn Joy Sedum can be left for added winter beauty. Perennials that have woody stems should be cut down close to the ground in either late Fall or early Spring. This allows plenty of room for the new growth in the new season.

By following these few simple guidelines, your landscaping's value and garden's beauty can be maintained for many years.

- Lorna Pond, CLP Urban Landscaping Ltd.



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"Kitchen Talk"

BY Jim Lawrence

There may be space and a view hiding in your kitchen

Even in a very small kitchen some times you do not need more space to get a larger kitchen. By just removing a connecting interior wall can do so much to open up a kitchen, and give the feeling of additional space. An added bonus is that there is usually a view from that adjoining room, therefore automatically the kitchen will share that view also . It goes without saying, that the view can also be the source of huge amounts of added incoming light into the kitchen. If the kitchen is very small that means the cabinets on the opened up side can serve as a peninsula and will be just as effective as an island. With this arrangement most times bar stools can be added and now friends and family can socialize with the cook without interfering in the working space.

If one is in need of extra cabinets, adding cabinets with glass on two or three sides can be highly decorative, and non obtrusive to the openness, light and view.

Is there extra space hiding in your kitchen? Think about working with a professional Kitchen Designer, you might be delightfully surprised by what they come up with.

Simple Designs = Great Kitchen :)

This article was written by Jim Lawrence of AvondaleKitchens.com, they have designers your area every week doing professional kitchen designs and quotes.



Scouts Canada Kennebecasis District

Fun, adventure, friends, skills, teach, learn, create, laugh, sing, explore, fun, are the essence of scouting. Scouting is open to all and appeals to all age groups.

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- Cubs Ages 8 - 10
- Scouts Ages 11 - 14
- Venturers Ages 14-17
- Rover Ages 18 - 21



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1-888-726-8876

Guides - Brownies Sparks

Are you looking for a fun, educational activity for your daughter this fall? Girl Guides of Canada-Guides du Canada is a movement for girls, led by women.

It challenges girls to reach their potential and empowers them to give leadership and service as responsible citizens of the world.

We offer a chance for your daughter to learn many different skills, do community service, become familiar with the outdoors and generally have lots of fun with other girls her age.

Our groups start at Sparks for five and six year olds, Guides for nine to twelve year olds, Pathfinders are twelve to fifteen and Cadets, Junior Leaders and Rangers are fifteen to seventeen plus.

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is pleased to introduce a new Online Registration system for current and new girl members to register for the 2011-2012 Guiding year. Parents/Guardians can conveniently register girl members from the comfort of their own home 24 hours a day, seven days a week by visiting www.girlguides.ca.

A paper registration will still be available all registration events.

For more information on the Girl Guides of Canada please call 1-800-565-8111 or email gcnbc@nb.aibn.com.

We look forward to hearing from you!



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Kitchen Remodeling Planning

The Kitchen is defined by kitchen cabinets. The configuration of kitchen cabinet creates the workstation and determines the traffic flow, the features of the kitchen cabinet introduce functionality and storage and the style of the kitchen cabinet sets the view and styles for the entire kitchen. Kitchen cabinet normally will use up more than half of the kitchen remodeling budget. It is important to choose the design and styles of your cabinets carefully, whether you are using them to create a simple single line layout or an elaborate live-in kitchen complete with an island for both preparing and enjoying your foods and family times. With custom-made cabinetry (kitchen cabinets), you can have the kitchen of your dreams and add a great amount of value to your house.

If cabinets define the design of the kitchen then kitchen countertops are the finishing touches, like the leather upholstery in a thoroughbred automobile. They are not only important for the symmetry of the kitchen but they are the working areas as well. Without good countertops food preparation can be a chore instead of a great pastime. Not only does a kitchen countertop reflect the tastes of the homeowner, and provide tastes for the dinner table, it is a long-term investment that could reap rewards when it comes time to sell the home.

During the past ten years Canadian homeowners who are building a kitchen have been drawn to the polished surfaces of natural stone.



Polished-stone surfaces are very durable and add a dash of elegance to kitchen and bathroom vanity countertops. In addition, there is a stone product that can match almost any decor. For the environment, natural stone does not give off dangerous, organic gases when manufactured and is available in abundant quantities.

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Here at Munro Lighting we have made visiting the catalogues of all our suppliers easy and fun to do. Please take a minute to visit our website www.gomunro.com and check out our supplier links to Hubbardton Forge and other special fixtures like our stunning crystal chandeliers at www.jamesrmoder.com. If you like a more contemporary style please try www.omotec.com; where you may find exciting, global choices in lighting fixtures.

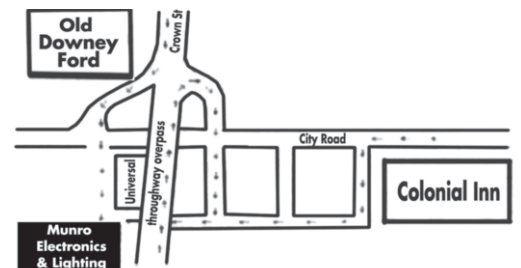
You may even notice that we also offer Lighting 101 courses that range from fun filled afternoon seminars to more intense professional courses all taught by Catherine Rhyno who is a certified decorator and experienced adult educator in design based course material.

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Quispamsis Active Transportation



The Town of Quispamsis is committed to offering diverse, environmentally friendly transportation options for its residents and has identified Active Transportation as an important part of the ongoing movement towards sustainable development. Active Transportation (AT) is the only form of transportation that satisfies all attributes of a sustainable mobility system. It includes walking, cycling, using a wheelchair (or mobility aids), in-line skating or skateboarding where permitted. Active Transportation also encourages the use of public transportation.

Carefully planned, programmed and promoted street and trail infrastructure for shared routes and shared-use is the basis for a strong AT network. The Town has recently approved an AT plan and is in the preliminary stages of implementing elements of the plan.

Street and trail signage will soon be installed throughout the Town identifying shared routes and trails as part of the recently adopted Active Transportation Plan. The new 'Shared Route' signs will remind motorists that cyclists and pedestrians will be sharing the road. These signs will be located at shared route intersections and intermittently along the road to reassure all users.

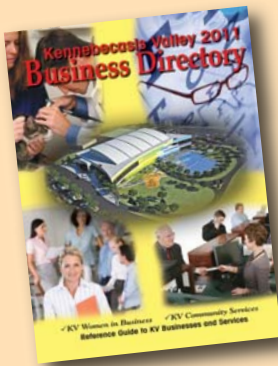
Trail signs will be located where trails and streets meet to raise awareness that pedestrians and cyclists may be crossing the road to continue their journey.

The recently held public meeting with local skateboarders, bikers, the Mayor and other Town officials showed continued support for the proposed skateboard park concept plan. The park, to be located adjacent the Town Hall Comex bus stop parking area, is moving along to the tender process and more detailed development stages. Phase one of the skateboard park, breaking ground this fall, will see the construction of the first of two skate pads, the bike pad, installation of modular ramps and obstacles as well as a pathway to get to each pad.

Watch for fundraising events this fall to help the next phases of development which include an expanded walking path and plantings, another skate pad, and more tricks and ramps.



It Pays to Advertise in the KV Directory



The Kennebecasis Valley Directory, published in February, is distributed by mail to all residents in the Kennebecasis Valley.

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Rates are reasonable. Youth and service groups in Quispamsis may be eligible for a discounted rental fee based on written requests.

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Self-help for your Sinuses

We have eight sinuses located on both sides of the forehead, between the nasal passages and eye sockets, and in the maxillary cheekbones. All the sinus openings are thinner than a pencil lead and drain into the nasal cavity. Our sinuses help to warm, filter and moisten the air we breathe, and to equalize air pressure. They are lined with mucous membranes which secrete thick, sticky mucous which contains a powerful antibacterial agent called lysozyme. Invading bacteria and viruses from the air we breathe get trapped in this mucous, destroyed by the lysozyme and swept out of the nasal passages by tiny little hairs called cilia.

Exposure to cigarette smoke, inhaled particles such as molds, dust, dust mites, animal dander, fumes from common household cleaners, cosmetics, vapors from gas, pollen, Candida yeast, etc. can irritate the lining of the sinuses causing inflammation. The mucous gets blocked and can't drain, leading to the perfect breeding ground for bacteria to start an infection. Sinusitis often occurs secondary to viral or bacterial infections of the nose as they are so close to each other.

To keep the sinuses healthy, strengthen the immune system with a good, broad-based multivitamin and mineral formula, avoid processed foods, be careful of dairy products, alcohol and pop. Drink lots of water to keep the mucous flowing. Vitamin C is nature's antihistamine and helps against allergic congestion and infections. The cilia benefit from potassium and calcium in order to function well, but the one nutrient that might be considered the backbone of the mucous-cilia system is Vitamin A. Without adequate amounts of this vitamin, cilia and mucous cells die off and are replaced by hard, scaly cells. Zinc is needed by the liver to convert beta carotene found in dark green and orange vegetables into Vitamin A. So eat fresh fruit and veggies, take your vitamins, get lots of rest and exercise, and stay well!

For more information, call Diana Richardson, Wellness Consultant (506)635-4122 with your health questions.



Town of Quispamsis

TOWN COUNCIL MEETINGS

Town Council meetings are open to the public and are held at the Quispamsis Town Hall on the first and third Tuesdays of each month, at 7:00 pm. The deadline for agenda items is 1:00 pm the Thursday preceding the meeting date. If you have any further inquiries, please contact Catherine Snow, Town Clerk at 849-5738.

PLANNING ADVISORY COMMITTEE MEETINGS

Regular meetings of the Planning Advisory Committee are held at the Quispamsis Town Hall on the second and fourth Tuesday of each month, beginning at 7:00 pm. The deadline for agenda items is 12 noon the Thursday preceding the meeting date. Agendas are posted on the Town website on the Monday of the meeting week. For more information, please contact the PAC Secretary at 849-5745. If you are interested in serving on this volunteer committee please drop by the Town Hall or visit the website for an application form.



Town of Rothesay

TOWN COUNCIL MEETINGS

Rothesay Town Council holds its regular Council meetings on the second Monday of the month, usually commencing at 8:00 p.m. If Monday is a holiday, the meeting will be held on Tuesday. Council meetings are normally held in the Common Room at the Town Hall, 70 Hampton Road, Rothesay, NB.

PLANNING ADVISORY COMMITTEE MEETINGS

The Planning Advisory Committee (PAC) holds its regular monthly meetings on the first Monday of each month. If Monday is a holiday, the meeting is held on Tuesday. Meetings commence at 5:30 p.m. and are held in the Common Room at the Town Hall, 70 Hampton Road. If you have an item for consideration by the Planning Advisory Committee, please contact Gay Drescher, Director of Development Services, at 848-6609. Agenda items must be received no later than the 15th of the month for inclusion on the next month's agenda.

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Kings Valley

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Coming Monday night, Oct 31 from 6:30 -8:00 pm at Kings Valley, for families with children in Grade 5 and under. Enjoy inside carnival games, popcorn, cotton candy, treats and prizes. Then children will travel from trunk to trunk to over 60 trunks and collect candy before heading home. All for only \$5/child and parents are FREE! Tickets are required in advance and can be picked up at the Kings Valley office, Monday -Friday from 9:00 - 4:30 pm. Kings Valley Wesleyan is located at 332 Hampton Road, Quispamsis. Don't miss out, get your tickets today!



Ladies Community Fitness is daily M-F from 8:45 -9:45 am at Kings Valley. Stretching, Cardio, and strength training are all included for only \$2/class. Weights and mats are provided. Everyone is welcome and no experience is necessary. Contact Linda Lamos at 847-5343 for more information.

Kidz World Sunday mornings at 9:30 or 11 am at Kings Valley has something for everyone in your family. Babies, Toddlers, Preschoolers, and Elementary aged kids will enjoy Kidz World. Grow together as a family and learn more about developing your faith at Kings Valley. Everyone is welcome!



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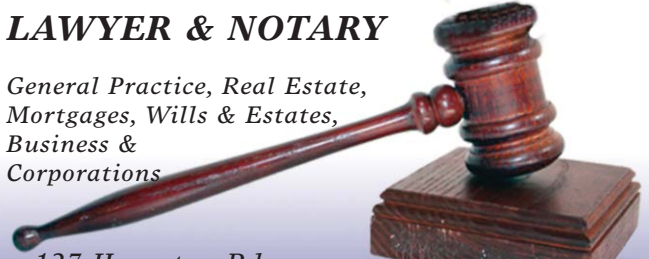


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- Development of personal skills such as teamwork, accepting adult authority, regulating anger, forming new friendships, and learning basic life skills;
- Reduced costs in the areas of social services, justice and policing;
- Generates a sense of value and pride in one's self and a sense of "belonging" in the community;
- Reduced costs to the health care system by preventing illness and promoting an active lifestyle;

For additional information or to request an application:

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Phone: 642-PLAY/7529

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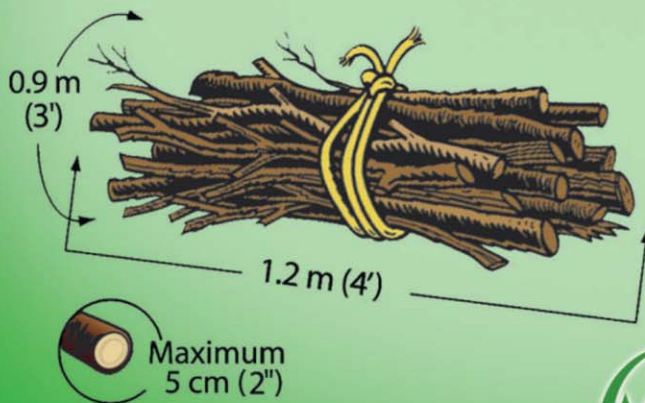
Leaf & Yard Waste Belong in the Compost

Beginning this fall, yard waste will only be collected at the curb with compost.

Yard waste includes leaves, brush, twigs, weeds and grass.

Acceptable packaging for Yard Waste:

- Compost Cart
- Brown paper bags
- Compostable or clear plastic bags
- Brush & twigs can be bundled and tied with string. Bundles should be less than 4' in length. Branches no more than 2" in diameter.



Yard waste packaged in black or coloured plastic bags **will not** be collected.



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Kennebecasis Valley Fire Department

It's Fire Prevention Week. Protect your Family from Fire!

The Kennebecasis Valley Fire Department is teaming up with the NFPA (National Fire Protection Agency) during the week of October 9 – 15, to let our community know: "It's Fire Prevention Week. Protect your Family from Fire!" This year's campaign focuses on preventing the leading causes of home fires such as, cooking, heating and electrical equipment, as well as candles and smoking materials. Additionally, it urges people to protect their homes and families with smoke alarms and fire escape planning.

How can you protect your family from fire?

As the seasons change, so can the fire hazards in your home. Keeping your family safe from fire can be easily done by following some simple fire safety tips.

Smoke Alarm Basics

- Install smoke alarms outside each sleeping area and on every level of your home.
- Test smoke alarms every month and replace batteries annually.
- Replace smoke alarms every 10 years.
- Have a home fire escape plan and practice it twice a year.
- When the smoke alarm sounds, GET OUT and STAY OUT!



Kennebecasis Valley Fire Department

The Kennebecasis Valley Fire Department is a progressive composite organization providing fire & rescue emergency services to the residents of Quispamsis and Rothesay. The Department operates out of two fire stations with 10 pieces of firefighting apparatus, responding to 900 plus requests for assistance annually.

Interested in joining? If you are 19 years of age or older, a graduate of high school, and physically fit, you could become part of our professional service. Give us a call or drop in to the fire station for an application, or visit our website www.kvfire.ca

Electrical Safety

- Replace cracked and damaged electrical cords.
- Use extension cords for temporary wiring only and never under carpets.
- Have all electrical work done by a qualified electrician.

Heat Safety

- Have your chimney cleaned and inspected before each heating season.
- Turn portable space heaters off when you go to bed or leave the room.
- Use a fireplace screen to keep sparks inside the fireplace.
- Have a 3 foot kid-free zone around open fires and heaters.

Cooking Safety

- The leading cause of fires in the kitchen is unattended cooking
- If you must leave the room while cooking, turn off the stove.
- If you have young children, use the stove's back burners when possible.
- When you cook, wear clothing with tight-fitting or short sleeves.
- Treat a burn right away by placing it in cool water for 3-5 minutes.

Smoking Safety

- If you smoke, smoke outside.
- Use deep, wide ashtrays on a sturdy table.
- Give ashes time to cool before disposing of them.

Saturday October 8th – OPEN HOUSE! 11am - 2pm

Fire Station # ONE 7 Campbell Drive.

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Grade three students don't forget to design your escape plan and enter the "Firefighter For A Day" contest!

Learn ways to keep your family safe from fire.

Saturday October 15th - Canadian Tire Fire Safety Day! 11am - 3pm

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All the fire safety products you require in your home will be on display.

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Learn fire safety tips for your family.

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Rothesay Regional Police Department

The Rothesay Regional Police Force and the Rothesay Regional Joint Board of Police Commissioners are proud to be serving the Towns of Quispamsis and Rothesay. Since 1951, the officers of the RRPF have been dedicated to ensuring your neighborhoods remain safe and our citizens enjoy an outstanding quality of life. The members take great pride in contributing and giving back to the community; thus our motto, "Our Community, Our Commitment."

The Rothesay Regional Police Force is involved with many different projects and organizations within our community. The following are a but few of our endeavors:

Police and Public Partnerships

- Crime Stoppers
- Autism Registry Program.
- Domestic Violence Action Group
- Child at Risk Team
- Alternative Measures Committee
- DARE (Drug Abuse Resistance Education)
- Cooking With Cops Program
- Middle School Drug Education Program
- Canadian Blood Services Partners For Life
- National Alzheimers Wandering Registry TADD (Teenagers Against Drunk Driving)
- Police Auxiliary Program
- CAP (Community Advancement Program)
- Annual Bicycle Rodeo

Fundraisers

- Police Bicycle Auction
- Weekly Community BBQ's
- St. Joseph's Hospital Foundation Dragon Boat Festival

For information on any of these projects contact:
 Cst. Krystal Daley
 Community Relations Officer
 Rothesay Regional Police Force
 849-5791 (office)

Safety Tips

- SLOW DOWN and PULL OVER to the right when an emergency vehicle (lights activated) is approaching from the front or the rear.
- Always wear your seatbelt when occupying or driving a motor vehicle.
- Do not smoke in vehicles occupied with children 16 years old or under.
- Be sure to make a complete stop at stop signs and red lights.
- Do not try to beat yellow lights.
- Vehicles must stop for flashing yellow lights at pedestrian crosswalks.
- Be mindful of school buses and children playing at bus stops or next to roadways.
- Always wear your helmet when riding your motorcycle, bicycle, or skateboard.




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**Rothesay
Regional
Police**

The Rothesay Regional Police Force
 and The Rothesay Regional Joint
 Board of Police Commissioners
 wish to thank the citizens of
 the Kennebecasis Valley
 who pro-actively assist the
 Police Force with crime prevention
 in our neighbourhoods,
 enhancing the quality of life
 in our community.

126 Millennium Drive, Quispamsis, NB
847-6300

Rothesay Baptist

Everyone belongs, but we have a special place in our heart for children.

Jesus said, "Let the little children come to me, and do not forbid them, for of such is the kingdom of Heaven." Matt. 19:14

We invite you to come and grow with us as we serve Christ faithfully together every Sunday morning at 10:00am, and Wednesday Evening at 6:30pm

Sunday Mornings it's ... MAXimum impact...MAXimum fun...MAXimum Bible exploration! Age 3 to Grade 5

Large-group enthusiasm and small-group relationships! You get both along with lively skits, top-notch worship videos, creative activities, and fun games. Each lesson focuses on getting into the Bible and then responding to God through creative worship experiences.

Wednesday at 6:30pm

"The most exciting night of the week"

AWANA - KIDS join us for the most exciting night of the week. We meet Wednesday nights from 6:30pm to 8:15pm. All children ages 3 years to Grade 5 are welcome. Registration is free (dues of \$1 are collected weekly). Come for a night full of activities, games, awards and teaching of Biblical principles. Awana is a non-denominational ministry.

THRIVE Need a break in the middle of a busy week? Teens in grades 6-12 are invited to our mid-week youth night. We meet Wednesday nights from 6:30 to 8:15pm; it's a great time of games, Bible study, small group interaction and friendship. Also we have activities most weekends on Friday or Saturday evenings for teens to come, hang out with friends and have fun. If you're a teen, you're welcome to join us! Check us out at www.rothesaybaptistchurch.com or look up our group page (Rothesay Baptist Church Youth) on Facebook.

Valley Christian Academy – K3 to Grade 9 VCA is a ministry of RBC and exists to provide sound academic training within a Christian worldview. Our academic program is structured to maximize the academic potential of each student. Our small classes and caring teachers create an opportunity for individual attention. For more information please go to www.valleychristianacademy.com or call 848-6373 Rothesay Baptist Church - 30 Vincent Road, Quispamsis, NB - Phone: 848-6370

www.rothesaybaptistchurch.com



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- Take the bus and skip the stress of commuter traffic.
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What's your method?

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Biking, walking, rollerblading, or skateboarding – they're just a few of the many ways you can get healthy and join the active transportation initiative. With literally zero associated greenhouse gas emissions, choosing a self-powered method of transportation will not only do great things for your personal health, it'll help save the environment.

Active transportation is becoming more convenient than ever.

- new cycle lanes being added to city streets
- bike racks installed on Transit and Comex buses
- new Trails and Bikeways Strategy in discussion throughout the city



Be a part of active transportation visit: <http://atsj.wordpress.com/>



Carpooling, or ride sharing, is a win-win method of travel. You'll not only save money on gas and parking by sharing costs with your fellow "poolers", you'll also help the environment.

If you and three neighbours who usually commute daily in your own vehicles decide to carpool, you can reduce your CO₂ emissions by 75 per cent.

With carpooling, you can use the drive to relax, read, catch up on work or get some extra sleep – when you're not the one behind the wheel, of course. And it's easy to find a carpooling group that matches your schedule and location. Just log on to www.shareyourride.ca and create a personal profile. You'll then be provided with a list of available carpools that match your needs. It's that simple!



Start carpooling today by visiting: WWW.SHAREYOURRIDE.CA



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To view routes, fares and parking lot locations visit: thinktransit.com

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Martha Lister



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